



STATE OF MARYLAND

DHMH

Maryland Department of Health and Mental Hygiene

201 W. Preston Street • Baltimore, Maryland 21201

Martin O'Malley, Governor – Anthony G. Brown, Lt. Governor – Joshua M. Sharfstein, M.D., Secretary

*** * * Fact Sheet * * ***

Healthy Food Tips For Outside Cold Weather Events and Activities

The Maryland Department of Health and Mental Hygiene recommends that individuals take along healthy snacks when planning to attend outside events and activities during extremely cold weather.

It's a good idea to prepare snacks in small, easy to carry packages to fit in your pocket.

Here are some tips:

Dried Fruit - Dried Apples, Raisins, Cranberries, Apricots, Peaches, Blueberries or others.

Nuts - Almonds, Brazil nuts, Peanuts, Cashews, Macadamia nuts, Pistachios, Pecans, Soy nuts and Walnuts.

Energy Bars – many sizes, brands and varieties are available.

Crackers – many types are available.

Cereal/Granola – many brands and varieties are available.

Cookies - Graham Crackers, Oatmeal Cookies, Hard Gingersnaps.

Chips - Pretzels, Bagel chips, Baked Chips, Pita chips, Air-popped Popcorn.

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